

# Happenings this Month

Thanksgiving traces its origins to the first Thanksgiving feast in 1621, featuring foods native to the region. The successful harvest was shared between the Wampanoag



people and Pilgrim settlers. Today, Thanksgiving meals often include turkey, which was likely part of the first Thanksgiving feast, and other dishes inspired by Massachusetts' agricultural heritage, such as corn, squash, and cranberries. These foods highlight the region's history and connect them and celebrate the cultural traditions that shaped early American life.

We're happy to offer a Thanksgiving Dinner to our students every year. It's a busy day with lots of cooking, but it's worth it to see the smiles across the cafeterias.

## Grades K-5 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Turkey & Cheese Sandwich

## Grades 6-8 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Turkey & Cheese Sandwich  
Grab & Go Salads (Tues - Thurs)



**TALK TO US**

meals@medford.k12.ma.us

## Grades 9-12 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Variety of Hot & Cold Sandwiches  
Grab & Go Salads

(Vegetarian & Vegan sandwiches & salads offered daily)